

ABSTRACT OF THE DISCLOSURE

5 A ski system for allowing a ski to slide in forward motion and grip in backward
motion for a variety of people in a cost effective manner. The ski system includes a
flat base member having an upper surface and a lower surface, a plurality of gripping
members extending from the lower surface of the base member, and a securing
structure attached to the upper surface of the base member for securing a shoe of a
10 user. The gripping members each have a front portion having a downwardly angled
structure. The gripping members each include a rear portion that extends upwardly
from the lower end of the front portion towards the lower surface of the base member.
The gripping members preferably have a U-shaped cross sectional shape. The front
portion of the gripping members are for gliding upon a snow surface allowing forward
movement and the rear portion is for engaging the snow surface for preventing
15 rearward movement.